

# Exploring Emotions

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## **UP**

joyful  
cheerful  
inspired  
enthusiastic  
invigorated  
motivated  
vibrant  
awake  
lively  
carefree  
ecstatic  
effervescent  
excited  
happy



## **OPEN**

peaceful  
assured  
prepared  
relaxed  
thankful  
extravagant  
whole  
content  
forgiven



generous  
thoughtful  
nurturing  
trusting  
curious

## **EXPANSIVE**

loved / loving  
hopeful  
optimistic  
empowered  
warm  
engaged  
accepted  
refreshed  
appreciated  
courageous  
valuable  
energetic  
expectant  
supported



## **DOWN**

sad  
lonely  
mournful  
dismayed  
crushed  
low energy  
bored  
inadequate  
oversensitive  
regret  
shame  
disheartened  
miserable  
discouraged



## **CLOSED**

angry  
irritated  
upset  
reactive  
impatient  
sarcastic



aggressive  
furious  
vindictive  
jealous  
selfish  
defensive  
vengeful  
inflexible

## **TRAPPED**

afraid  
anxious  
nervous  
uptight  
guarded  
cautious  
panicked  
rejected  
confused  
embarrassed  
weak  
meaningless  
unappreciated  
stuck

